

Be A Healthy Hero

Healthy, Enriching Summer for Rochester's Kids

5 WEEK SUMMER CAMP at Monroe Community College

Monday, July 2 – Friday, August 3, 2018*

8:00 am - 3:30 pm

Transportation: Busses leave designated sites at 7:30am and drop off at 4:00pm

**There is no camp on Wednesday, July 4th.*

Active Play:

Wide variety of sports (basketball, swimming, lacrosse, etc.), cooperative games, fitness coaching, Zumba and more!

Engaged Learning:

Academic enrichment programs to help reduce summer learning loss; reading, mathematics, health education, nutrition, bullying education and more!

Healthy Breakfast and lunch provided each day!

This camp is open to Rochester City School District students who have completed Kindergarten and will be entering 1st through 6th grades for the Fall 2018 school year. Priority registration will be open for children who attend the following schools:

School #10 – Dr. Walter Cooper Academy

School #12 – James P.B. Duffy

School #19 – Dr. Charles T Lunsford

School #33 – John James Audubon

School #43 – Theodore Roosevelt

School #46 – Charles Carroll

EMHCS - Eugenio Maria De Hostos

Sponsored by:



Camp Objectives:

- ✓ Provide a healthy start through good nutrition and physical fitness, along with reading and math activities designed to reduce summer learning loss
- ✓ Teach youth-centered activities in a safe, positive and enjoyable college environment
- ✓ Provide youth-centered activities that nurture the dreams and aspirations of youth
- ✓ Promote respect, citizenship and sportsmanship in a diverse society
- ✓ Provide quality service and reward excellent performance

Camp Registration:

All application materials must be accurate, complete and submitted in their entirety to the Healthy Hero Camp office no later than Friday June 1, 2018. Any application that is not completed, signed and accompanied with required documents will not be accepted and the child will not be able to attend. **Healthy Hero Camp will not accept any application materials on the first day of camp.**

A complete registration includes:

- ___ Complete Application
- ___ Signed Participation Waiver (*back of Application*)
- ___ Physical dated after August 4, 2017
- ___ Immunization Record
- ___ Medical Release Form

If your child is accepted into camp, you will be notified via email (if provided) and additional camp information will be mailed to the home address listed on the application. If your contact information changes, it is your responsibility to provide updated information to the Healthy Hero Camp office.

IMPORTANT: Absolutely no disruptive behavior will be tolerated at the Healthy Hero Summer camp, on MCC grounds or the camp provided busses. This is an educational camp based on building healthy behaviors. All children are expected to participate fully each day. Children will be suspended or expelled from camp if they demonstrate disruptive behavior or if they do not participate in camp activities.

The Program:

Campers will participate in a wide variety of sports activities. All Campers will participate in age appropriate activities including:

- Basketball
- Lacrosse
- Flag Football
- Zumba
- Soccer
- Volleyball
- Ropes course
- Swimming

Campers are required to participate in all aspects of camp which include swimming/fitness, health related education (nutrition, drugs and anti-bullying) and reading/math activities daily.

Dates & Times:

The program will run 5 weeks (Monday-Friday) from Monday, July 2 – Friday, August 3, 2018 (*there is no camp on Wednesday, July 4th*). Hours are 8:00 a.m. to 3:30 p.m. There will be breakfast and lunch provided for all participants.

Insurance:

Liability insurance is provided for all participants.

Eligibility & Cost:

There is no cost to attend this camp. Eligibility is open to Rochester City School District students (public, parochial and charter schools) who have completed kindergarten and will be entering 1st through 6th grades for the Fall 2018 school year.

Priority registration will be open for children who attend the following schools:

- School #10 – Dr. Walter Cooper Academy
- School #12 – James P.B. Duffy
- School #19 – Dr. Charles T. Lunsford
- School #33 – John James Audubon
- School #43 – Theodore Roosevelt
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Camp Attire:

Campers are required to wear socks, sneakers, shorts/sweatpants/leggings and a t-shirt/sweatshirt. Campers are also required to bring a swimsuit and towel every day. **Campers are not allowed to wear jeans, skirts, dresses flip flops or sandals.** Any child that does not have proper attire on or does not bring a swimsuit may be sent home.

What's Included:

- ✓ Bus transportation (pick-up & return daily)
- ✓ USDA Breakfast & Lunch is provided
- ✓ Health Education program
- ✓ Academic Enrichment Program
- ✓ Professional sports instruction
- ✓ Team building & leadership activities
- ✓ Official Camp tee-shirt
- ✓ Lots of Fun!!!

Camp Office

Healthy Hero Summer Camp
Monroe Community College
Building 10, Room 10-106
1000 East Henrietta Rd
Rochester, NY 14623

Phone: 585 292-2856

Fax: 585 292-3845

Email: mbaackes@monroecc.edu

Bus information

Please note: Busses will leave each site at 7:30am, please have your camper there in time to check in and board their bus. Busses will drop off at 4:00pm. Proper conduct is required.

Please check one pick-up point:

- ___ #12 School
- ___ Boys and Girls Club (Genesee Street)
- ___ Clinton and Baden Rec. Center
- ___ Jefferson High School (Edgerton Park)
- ___ Carter Street Recreation Center
- ___ #33 School
- ___ Flint Street Recreation Center
- ___ #43 School

At least 20 campers must select a bus stop for it to be available. We reserve the right to change bus stops prior to the start of camp to better serve the majority of camper's families.

NOTE: Transportation is available to and from Camp at ONLY the sites listed on the application.

***Campers must be picked up from bus stops within 10 minutes of bus arrival or at MCC within 10 minutes of camp dismissal. Failure to pick up your child on time could result in suspension or termination of enrollment in camp.**

Do not bring valuables to camp. Healthy Hero Camp or MCC will not be held responsible for any items lost or stolen.